



# **The Arthritis Diet - Rheumatoid Arthritis Cure: Anti-Inflammatory Foods That Reduce Joint Inflammation & Relieve Arthritis Pain**

*Jenny Schultz*

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# **The Arthritis Diet - Rheumatoid Arthritis Cure: Anti-Inflammatory Foods That Reduce Joint Inflammation & Relieve Arthritis Pain**

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**If you are one of the many people who have been diagnosed with Arthritis and you want to deal with your condition naturally, the Arthritis Diet is perfect for you!**

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The goal of this short, informative book is to provide you with the following:

- **Understanding Arthritis**
- **Learning the Different Types of Arthritis**
- **Avoiding Common Misconceptions**
- **What Foods Will Help Soothe Joint Pain**
- **Recommended Amount to Eat**
- **Foods to Avoid and Why**
- **And Much More**

**Don't let Arthritis slow you down or stop you from enjoying life. Naturally fight joint pain and inflammation by learning exactly what foods to include and exclude from your diet.**

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